

“I just can’t sit there that long...”

Sound familiar? Come to *Osho’s*

DYNAMIC MEDITATION

Saturday, 8 am
Council Hall

Find The Stillness.

*Quieting the mind
through the contrast
of effort and stillness.*

This 60-minute recorded meditation includes short periods of intensive physical activity and stillness.

I want to help you experience something that can explain what meditation is really about. My teacher Osho became famous in part because he created these “dynamic” or active processes that include periods of easily recognizable stillness. They employ techniques and tools to push you over your edge into a greater perspective regarding reality and the mind.

When you exhaust your personal thought-stream, the question arises, “Who’s noticing?”

Free to all. Contact Arjuna at 669-0114 for more info.